



FIRST THINGS FIRST

Ready for School. Set for Life.

Partnering with parents and families to help all children, ages birth to 5, stay healthy and succeed in school

Family Guide to First Things First Funded Programs in Navajo Nation

Contact

Do you have parenting questions or need advice?

Birth to Five Helpline

Helps families with young children get free answers to their toughest parenting questions.

Southwest Human Development

1-877-705-KIDS (5437)

Are you a parent or caregiver looking for resources and support?

Parents as Teachers Home Visiting Program

Gives young children stronger, more supportive relationships with their parents through in-home services on a variety of topics, including parenting skills, early childhood development, literacy, etc. Connects parents with community resources to help them better support their child's health and early learning. Available to families within a 50 mile radius of Kayenta, Chinle, Ganado and Window Rock communities.

Parenting Arizona

(928) 283-4217

Do you need to keep you or your child healthy and well?

St. Mary's Food Bank Alliance

Distribute food boxes to families in need of assistance who have children birth to 5 years old.

St. Mary's Food Bank Alliance

1-877-249-3032

Healthy Beginnings Program

Distributes food boxes and basic necessity items to families in need of assistance who have children birth to 5 years old that live in the Tuba City and Kayenta area.

St. Jude Food Bank

928-283-6886

Do you want information about your child's physical or oral health?

Nutrition Education and Obesity Prevention Program

Provides health education focused on obesity prevention to children, families and early care and education professionals.

Navajo County Public Health Services District

928-524-4750 ext. 5530

Coconino County Public Health Services District

928-608-6108 ext. 7293

Navajo Nation Oral Health

Decreases preventable oral health problems in young children by providing oral health screenings and fluoride varnishes. Also provides oral health education to families, early child care providers and professionals.

Navajo County Public Health Services District

928-313-1359

Coconino County Public Health Services District

928-606-0829

Do you need to find quality child care for your infant, toddler or preschooler?**Quality First Child Care Scholarships**

Helps low-income families afford a better educational beginning for their children while parent attends school.

*Parent of child must be a permanent Navajo Nation resident temporarily living off tribal lands.

Valley of the Sun United Way

1-866-973-0012

azftfscholarships.org

Early Learning

Resources for finding quality child care and preschool programs.

Quality First

qualityfirstaz.com

Do you provide quality child care for infants, toddlers or preschoolers?**Family, Friend and Neighbor Care**

Improves the quality of care and education that children receive in unregulated child care homes.

Navajo Nation Child Care Development Fund

928-871-6629 Selena Curley

First Things First Navajo Nation Regional Partnership Council**For more information contact:**

Melissa Begay, Regional Director at mbegay@azftf.gov or

Memarie Tsosie, Community Outreach Coordinator at mtsosie@azftf.gov or 928-810-4306

**Navajo Nation communities
in Arizona**